



Awareness on the Bike Trail

Tips for safe riding at Cape Cod
National Seashore



Bicycle accidents are the
number one cause of visitor
injuries in the park

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Safety Items

- Helmet



- Reflective gear



- Bell



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Safety Items

- Flashing lights
 - White in front
 - Red in back



- Breakdown kit to change a flat tire

- Biking gloves



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Safety Tips

- Bring enough water
- Wear sunscreen
- Know the weather conditions
- Dress appropriately
 - Wear bright colors/reflective gear
 - Avoid flip flops
 - No loose clothing
 - Tie down loose articles



Safety Tips

- If possible, stay off Route 6
 - Check out the **bike shuttle**
- Adhere to traffic laws
 - Ride with traffic
 - Stop at lights and stop signs
- Know your skill level
 - Fatigue and inexperience can lead to accidents.



Important Mass Bike Laws

- Cyclists must give pedestrians right of way
- Cyclists must have lights or reflective gear when riding in low light
- Children **16 years and younger** must wear a helmet
- It is highly recommended that children in trailers wear a helmet



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Traffic Flow

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- Be aware of:
 - Bikes in front of you
 - Bikes coming the other way
 - Pedestrians
 - Bikes/people stopped in the path
 - Pets and wildlife





Defensive Riding

- Just like driving, practice defensive riding
 - Watch out for people:
 - Weaving in and out
 - Listening to music
 - On the phone
 - Stopping suddenly

PAY ATTENTION

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Hazards

- Sand
- Sticks & branches
- Potholes
- Signs & posts
- Unexpected weather
- Bugs
- Standing water



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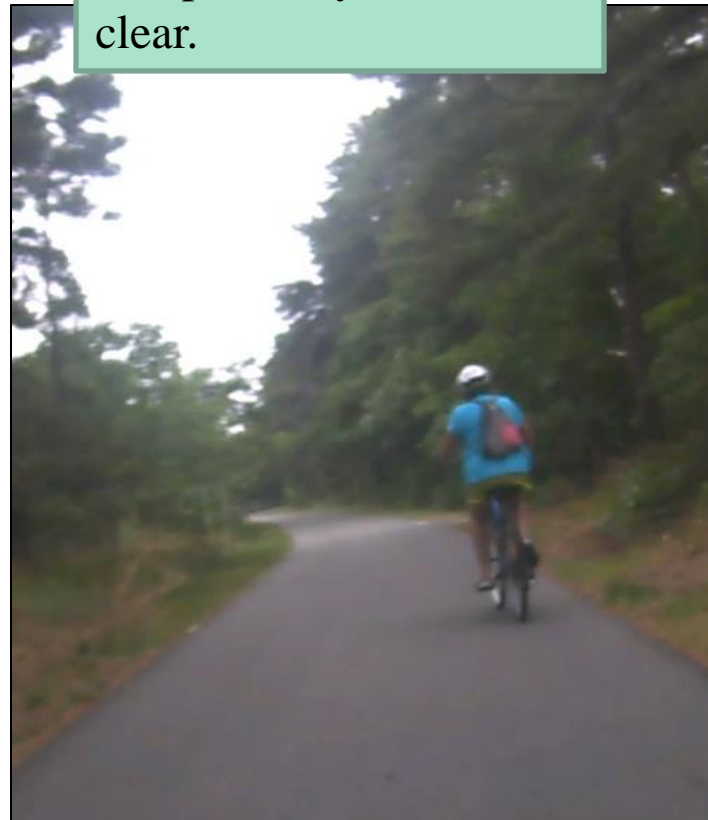


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Passing

- Make sure nobody is coming the other way
- Do not pass on a blind corner
- Slow down when passing

This corner is deceiving.
The path may not be
clear.



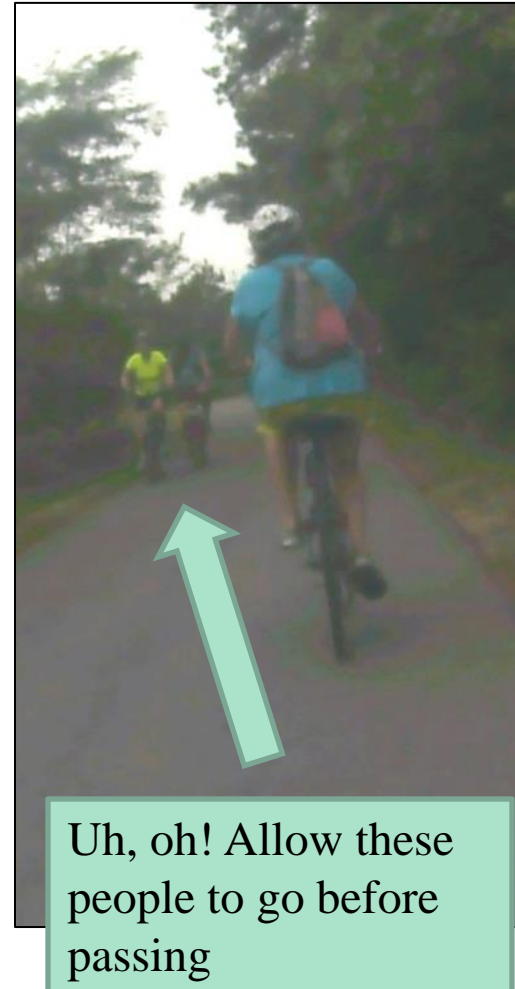
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Passing

- Announce yourself by saying
 - “on your left”
 - or
 - “on your right”
- Allow the person time to get out of the way



Stopping

- Pull off the trail
- Be visible to both directions, if possible
- Indicate using hand signals
- Do not congregate in the trail to read signs



These people are obstructing traffic



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Hand Signals



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Braking

- “Feather” hand brakes
 - Use back (right), then front (left)



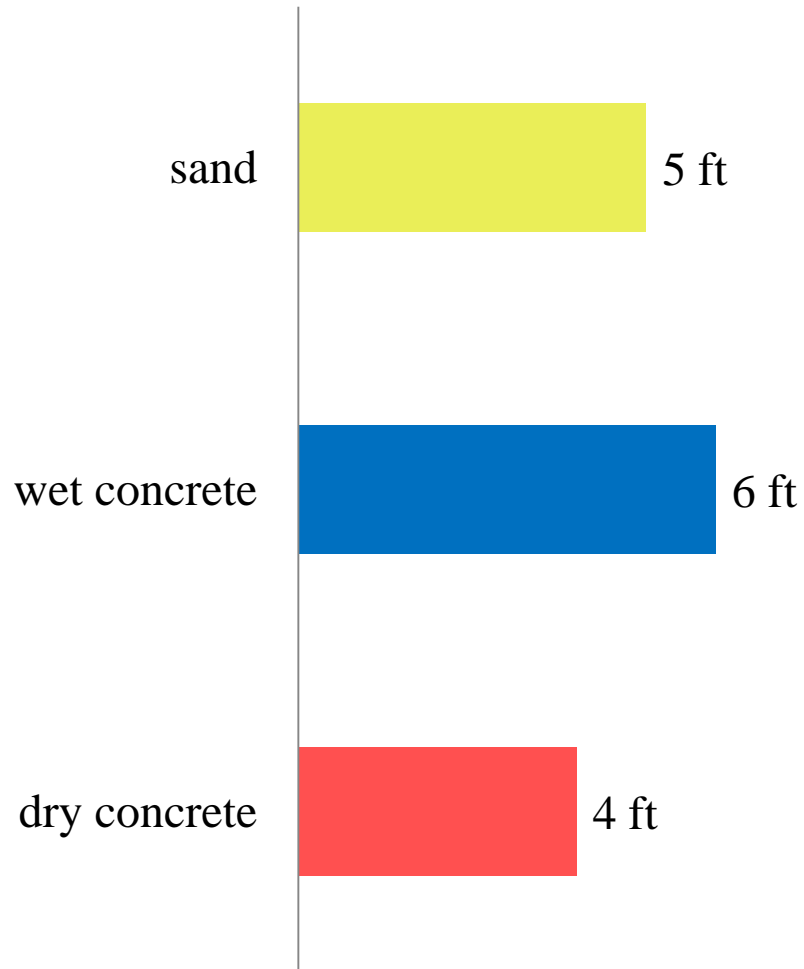
- Be careful if using pedal brake

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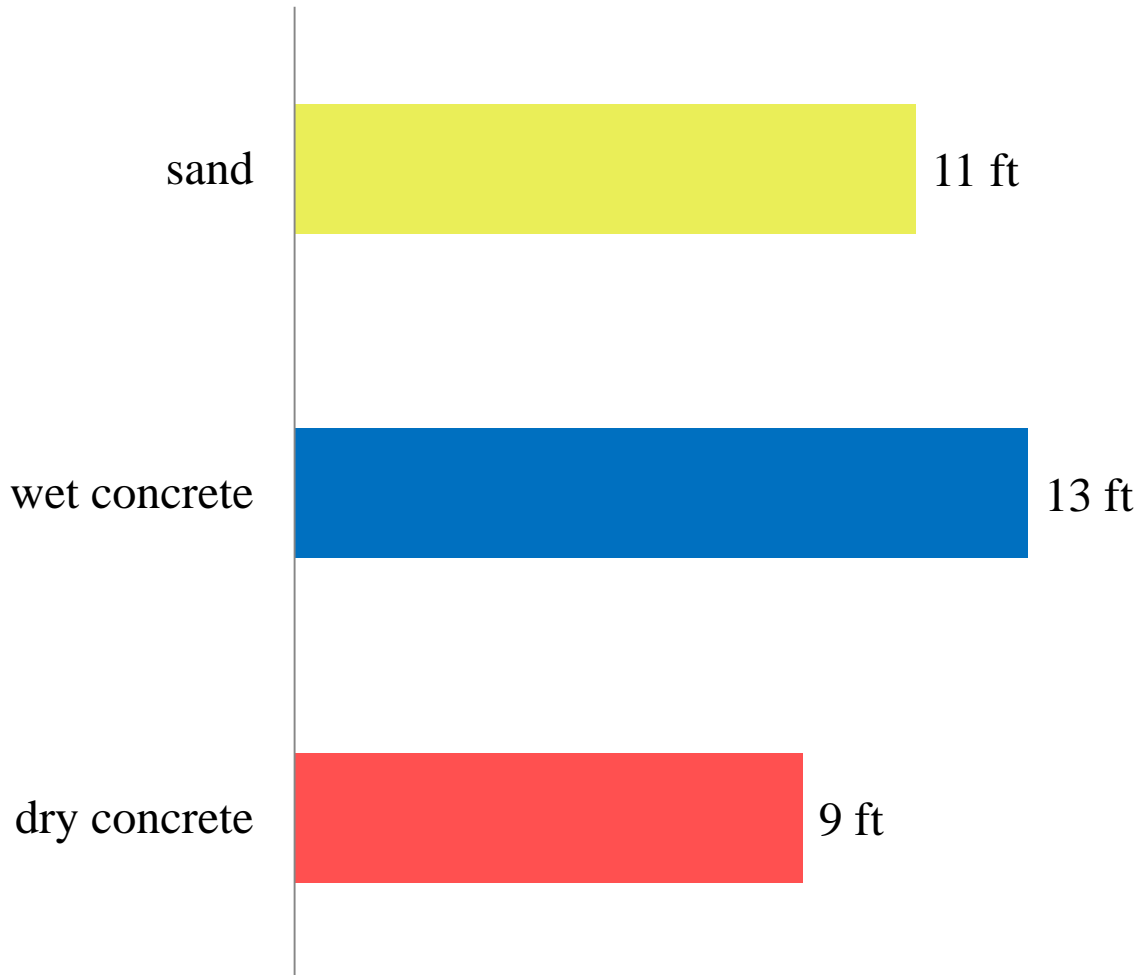
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Stopping Distance Going 10 mph





Stopping Distance Going 15 mph



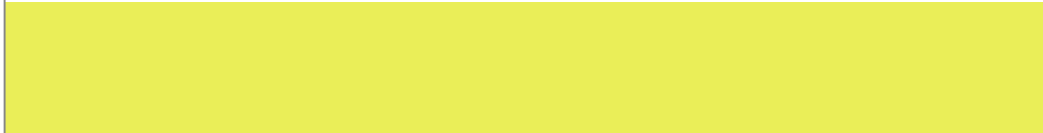
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Stopping Distance Going 20 mph

sand



20 ft

wet concrete



23 ft

dry concrete



15 ft

Speeding

- Speeding increases the risk of accidents
- Be cautious of:
 - Blind corners
 - Steep hills
 - Sharp curves
 - Sudden stopping
 - Edge of path
 - Sand and other natural hazards



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Steepness Gradients

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1 - 2% Grade



4 - 5% Grade

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Steepness Gradients



6 - 8% Grade



9 - 10% Grade



12 - 14% Grade

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Be Prepared

- Before riding make sure:
 - Brakes work
 - Front and back
 - Tires are inflated
 - Gears shifters work
 - Chain is oiled
- If possible, check trail conditions
- Know the difficulty of the path
- Know your route

Hey y'all, if I don't
know my bike, how
can I control it?



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Accidents

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Accident Advice

- Stay calm and find help
- If possible, move off the trail
- Use a buddy system
- Have someone go for help
- If necessary, call **911**
 - Be aware: cell phone reception is not always reliable on the trails

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**ALWAYS
WEAR
A
HELMET**



Helmets

- Reduce the risk of brain injury by 85%
- Massachusetts state law requires children **16 and under to wear a helmet**

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Helmets Can Be Cool!

